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Lemardus G. Guthrie M.D.

1894.

Col. Reg. Med. Lt

D. D.

Lemardus G. Guthrie

A.D. vi. Id. Jul. MCMXIII

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The Lady Sudley
her Receipt book. 1686.



A Receipt for the Dropsey.

(1.) Take Horehound, Harts tongue, Liverworth, Worm
 wood, & Sorrell, of each a large handfull shred
 them very small & put them in a pasty of Barely
 meale; the pye must be very well closed & baked
 as other pyes are, being baked take it out, And
 haveing ready a stanne of 4 Gall^s of new Ale
 or new Strong beere, Cut the pye into little
 peeces & put it into the Ale or new Beere
 & cover it close & let it worke & after 2. or 3
 dayes drink of it as much as y^e will, Chieflly a
 great draught fastings in the mornings & also
 at night goings to bed, begin to drink it in
 the first Quarter of the Moone, & so drink it
 till the Moone be at the full. If y^e keep an
 extraordinary, & temperate Dyett drinkings nothings
 else it will likely cure the Dropsey in 3 weekes,
 But to make this more perfect put into the
 Stanne of Ale or Beere a Quarter of an ounce
 of the salt of Wormewood: //

Probatum est.

TO MAKE SNAKE WATER.

Take a good peck⁽²⁾ of garden snayles in their shells & wash them in a great bowle of beere, then make your Chimney hearth very cleane & pour out halfe a bushell of Charcoales and set them on fire, & when they are thoroughly kindled, then with a fire shovell make a great hole in the midst of them & pour the snayles & scatter some fire of y^r quick coales amongst them, & soe let them rest till they have done making a noise, And then you must take them forth, and with a knife and course cloth pick & wipe them from the ashes & coles & the green froth that is upon them. Then in a stone Mortar bruise them shells & all, take alsoe a quart of earth worms, & scoure them with water very well divers times over, then wash them well from their filth, then put them into a stone Mortar & beat them well to powder, then take a cleane Iron pot upon ~~an~~ which sett y^r Limbeck or still, then take 2 handfulls of Sallondine & lay in the bottome of y^r pott & 2 handfulls of Angelica must be laid upon that, then put in a quart or two of rosmary flowers alsoe bearsfoot Agrimony Reddock roots, Barks of Barbary trees, wood Jorvill, Bittony, of each of them two handfulls, halfe a handfull of Rue of fennegrick & Turnricks of each an ounce well beaten, then lay y^r snayles & worms upon the top of all these hearbs and flowers.

(3)

Then pour in three galls of the strongest Ale then cover
your pott & lett it stand all night or longer if y.^w please
in the place where y.^w meane to make y.^r fire under it.
In the morning y.^w must put in three ounces of Cloves
beaten to powder, six penny waight of Saffron dryd to powder
Harts horns fyled six ounces, y.^w must not stirr it after
y.^w have put in the Hartshorne for it must be uppermost
then sett your limbeck & Close it with Rye dough & make
a very soft fire under it & receive y.^r water by pints the
first is strongest the next weaker & weaker, but the weakest
is usefull, the smallest if need be may be helped with putting
in one Spoonfull of the strongest to 4 of the smallest, It is
to be used two Spoonfulls of the strongest to 4 of Ale or Beer
or with wine, & of the snails as much as Ale or beer or of
wine, This water is by experience good for the yellow
Jaundise & for all griefes cominge from the obstructions
of the Liver helps the Consumption, it must be taken in
the morning & two houres before meate in the after
-noone with some moderate stirrings of the body
after the takinge of it &c

q. Salum

Aqua Mirabilis. (3)

Take of the seeds of Cardimum, Cubes, Gallinall,
Molloet flowers, Cloves, Mace, Nutmeggs Ginger of each
one Dramme, bringe made into powder putt them into
3 pints of white wine & one pint of aqua vite, a pint of
the Juice of Sallondino putt all these into a glass Still and
soo lett them incorporate all night, in the morning Distill it

4) With a soft fire in water, Lett it drop on shuggar candy, or fine Shuggar put into y.^r glass if y.^w like with y.^r Shuggar a little Amber Grease & saffron tied up into fine Cloath & y.^w may draw out of this quantity two quarts keep one quart which first comes by it selfe mingle it either strong or small as you list you may make ^{it} in winter with the Juice of the Rootes, y.^w may take when y.^w please. The usuall time is halfe an hour before dinner & supper & before y.^w goes to bed one spoonfull or two at one time it preserves the Lungs helps the Stomack, helps the Stoppings of the vrine, helps the Palsey.

(4)

Palsey Water

Take of Burrage flowers, Bugles flowers, the flowers of Lilies Convallus & Consolids of each one handfull, of Sage flowers of Rosemary flowers of Bittany flowers of each halfe a handfull let all those be gathered in thier severall seasons for they are not to be had all at one time, but take the first that cometh & let them be stopp'd in very good spiritt of wine distilled from all phlegms in two glasses till all may be had, And let them stand ten dayes after the last is in, but always very close stopp'd, Also when Lavender cometh Stripp of the fairest heads the quantity of 2. & put them into a large gall glass & pour on them as much spirit of wine as before for Cover them well stopp'd & lett them stand 14 dayes

(5)
In the Sun or some other warme place with the
other glasses, which done take ^{the} Lavender with the spirit
& distill it with a Limbeck by it selfe, then take the
water you extract & put it with all the former flower
& spirit together in a Limbeck & put therewith those
things followings, of Balme, Motherwort, Bay-
leaves, Spicknard, the leaves & flowers of Orange
trees if they may be had, of each one ounce Cutt
or shredd severally the yellow pills of Citron dryed or
elfe of Lemon peels, of Piany seeds hulled of each six drams
Of Cinamont, Nutmeggs, Cardium, Cubebs of yellow
saunders of each halfe an ounce, being all made in
powder and of Ligno Aloes one draine in powder and of
Tubebes new & good the stons taken out & cut small halfe
a pound, all which being well mingled together in the
Limbeck lett them be carefully distilled, with an indif-
ferent fire, if y^e please y^e may make two sorts, stronger
& weaker, which y^e may doe by preserving the first y^e
comes off by it selfe, And soe use them as occasion
serves, Then after it is distilled put them into a wide
mouth glass & soe stopp it close, And take of ~~the~~ ^{the} ~~pearls~~
pearle & Smaragdes of each one scruple of Amber
Grease, Musk, & saffron of each halfe a scruple, of Red
Roses dryed well, & red & yellow saunders, small & thim
sliced, of each one ounce, put all these into a sarnett
bagg & hang in the water six weekes together and
cover it close with a double Bladder that none of the

6) Strength breack out and afterward pour it off, put it
in glasses and keep it for y^r use.
This water is exceeding vertue in all frowning weak-
ness of heart & decaying of the spirits, it is in great
vertue in all Appoplexies, Palsy Epitopsia also in
all paines in the Joynts coming of Cold in all
bruiſes outwardly bathed & dipped in it & laid to, the
vertues are more then man can conceive, this Comfort
oth & strengtheneth all Animall vitalls & naturall
spirits, & cleareth the external ~~senses~~ strengthneth the
Memory, restoreth the lost appetite, all weakness of
the stomach being both taken inwardly & bathed
outwardly, Take of it a quarter of a spoonfull and
fast an houre after it, It taketh away the giddings
of the head, it helpeth lost hearing, bringeth a plea-
sant breath, And there can be no better remedies
in Palsies, Appoplexies both to help in the fitt and
to prevent it, y^e may take it mornings & evenings
a quarter of a spoonefull with Crumbs of bread &
shuggar, it helpeth the lost speech, all cold disposi-
tions of the Liver, & a begining Dropsy, it
helpeth all cold diseases of the Mother.

7

The most Excellent Receipt of the Wound water. (5^c)

Take Southern wood, Wormwood, Bugles, Mugworth,
wood Bittony, Sanack, Plantain, Dandelion, Ribwortte,
White bottles, or Campions of the garden, Bramble Budds, -
Egginony, wild Angolia, Cumfory Hawthorne buds, -
Mints Scabions, Strawberries leaves, all kind of honny -
suekles, Annis, Viollet leaves, Oak leaves Cyncefold, Dassy
rootes, Advers tongue, of each one handfull add to those
a pottle of white wine, a gallon of running water, boyle
them all together untill halfe be consumed, then straine
the Liqueur cleane from the herbs, then put it to a quart of
honny & boyle it againe, then put it into a glasse & stopp
it very Close for the use, Lett the Patient drinke 3 spoone
fulls of it at a time like warme every morninge fasting
and soe last at night untill he hath drunk a quart
therof, besides those if it be an old sore or ulcer apply
to the sore or ulcer a playster of honny and wape.

This Cureth all wounds, women's breasts putrified bones,
causing them to scalle Ache in the Stomach, to
break an impostume Stone the blood of wines &
broken in the body and causeth Bullets to fall out of
the body wounded.

Prostatum est.

To make oyle of Swallows

(6)

Take 10 or 12 young Swallows ready to fly stamp them
 them in a stone Mortar with their guts & feathers together
 wth Lavender, Cotton, Balme, Spearmint, red sage, Camomile
 wild strawberries leaves & wild thyme of each a handfull but
 lett these herbs lye one day unwashed after they be gathered
 & then stamp all together with the Swallows till no feathers
 be left whole, put thereto a good quantity of May butter
 or fresh butter & let all stand one whole night in the
 Mortar, the next day boyle all these very softly three quarters
 of an hour or a whole hour, then straine it through a
 cleane Linen Cloath into a cleane vessell & booke it
 for your uses.

To Make A Jelly of Harts horne

VII

Take a pint & a halfe of faire running water & halfe a
 pint of white wine, two ounces of hartshorne scraped lett it
 boyle softly in a pepkin close covered til it come to a pint, then whilst
 it is hott straine it & put to it a little sliced ginger, & Cinamont sticks
 the next day take of y^e topp of it & leave y^e bottome of it y^e y^e may
 have y^e clearest & put it in a skillett & put to it shuggar a topp of
 sweet Marjerum, halfe a spoonefull of red rose water, a little juice of a
 Lemon & of an Orange, & soe let it stee a little while upon y^e fire & put
 through a jelly bagg wth a little rosemary spriggs in y^e bottome of y^e bagg
 take it morning & evening & 2 or 3 times in y^e day in cold or
 self melt it, & soe drink it blood warme. //

For the dropsey, yellow Jaundice, Itches breakings
out & Mangies of y^e body to purifie y^e blood from corruption
ag^t y^e green sickness & all stoppings & very good for young
maids =

VIII

cf. Salern p. 95.

Take the rootes of Monkes Rubarb otherwise called patience
& redde Madder of each halfe a p^d, 4 ounces, of Anisseds and
Lickoris of each 2 ounces, Scabions & Egrimony of each one
handfull, slice the rootes of Rubarb, bruise y^e Anisseds and
Lickoris brake y^e hearbs with y^e hand & put them into a stone
pott called a stand with 3 gall^s of strong Ale to steep
the space of thre dayes then drink this as your ordina-
ry liquor for the space of 3 weekes at the least, the longer
you take it the better provided you have one stand
under another. //

To cure any Fistulo thongs of 20 yeares old

IX

Take of rock Aloins & white Coppere of each alike quan-
tity burn them in an earthen pot over a soft fire, when it
is hard then brake it in an Iron mortar & sift it 4 or 5 times
through a Lawnd, put as much of this powder as will lye on a
shilling in a quart of running water soe sallings & wash the
wound wth this water twice aday, & lay an old holland cloath
wett in the same water upon y^e wound & lay this poultesse as
as folloeth upon the cloathes that it may touch the sore

Take Sention, ground Ivy, Smallage daisy rootes & leaves
Mallories of each a handfull Chop them very small & boyle them
in a quart of running water with a quarter of a p^d of
mutton suett, when the herbs are tender thicken it wth wheat
brann, lay a fresh poultess every morning. &c. //

A Powder

X

Take of Orrall Amber and Iott of each one ounce, then take 3 ounces of Pearle & six ounces of hartshorne burnt with ^{iv}th take the smoothest whites of the eggs & y^e little black claw of the King Crab of each halfe an ounce, the ^{same} if possible must be taken when the signe is in Cancer take a quarter of an ounce of the stones w^{ch} y^e shall find in the heads of the Crawfish & take halfe an ounce of y^e bones whic are in a staggs heart which must be burnt, halfe an ounce of Indian Snake wood, & as much of the rootes of Goats Rhine which must be gathered in winter & well dryed take all these ingredients & beat them into very fine powder & grind them with red rose water upon a painters stone & let it dry, then powder it very fine, & scarce it through a very fine Linnen & if it will not come through beat & grind againe. because y^e may not lose any of the substance, they must be beat & scarce severally & when y^e have made them into fine powder, then weigh them againe, & take of the Orrall Amber & Iott of squall quantities & of the Pearle & hartshorn what they ^{will} yield when they are equally scarce then take 2 ounces of rasped hartshorne, & put it into a pipbin with 3 pints of runnings water & boyle it till it come to a stiff Jolly & when y^e think it enough take a spoonsfull & let it coole & if it be stiff straine off the rest, y^e take 4 penyworth of saffron dry it into powder and straine it into the Jolly whilst it is hott & soe let it coole then put all y^e powders into an Allabaster Mortar & your Jolly by little & little untill it come to a past, and if you

please y.^w; make it up into balls or into the fashion of
an egg, or into long rowles, y.^w must put in the Swabe
wood, Goats Rhine roots & an ounce of bearstone; halfe
an ounce of clamber grose & 20 grains of ellusk, your
Musk & clamber grose must be powdered & put into the
Jelly.

A Pill for the stone in the Kidneyes Collick

XI

Take Holland powder 2 drams Pulvis sanctus one
drain & a halfe Pulvis ad Calucum 4 scruples, powder
mint, powder of Licoris, of each one draine; Balsome
Inde one scruple Venice Turpentine washed very well
as much as will bring all into a Masse to pills //

Take mornings & evenings 3 at a time when y^e fitt
is about 10 times or more in a month, and when
the fitt is on y.^w take 4 or 5 pills & presently drink
as much Ale y.^w can possible, if y.^w vomitt drink as
more Ale as y.^w can & either walk or ride 2 or 3 hours
after it and this will bring away the Stone and
remove the Collick

Take some of these pills every month, it will
prevent the disease from coming againe //

A Receipt for the cure of an Ague

XII

Take Elder Sticks of one yards shoot newly out from the tree
 Scrape of the upper bark first which is naught & then scrape of
 the green Inward bark & of that take a good handfull & bruise
 in a stone Mortar or wooden bowle then put it into a pint of Stronge
 Ale and let it infuse all night before the fire, the pott be covered,
 soe that it may be warme and noe more and a little before the
 partye expects the fitt straine the Ale from the barks, the last
 beinge squosd is the Strongest and best, & put into it better than
 halfe a Spoonfull of pepper grossly beaten, and soe soon as they
 finde any grudging of the fitt drink it and stirr up and
 downe, and in twice taking it will Cure

It hath been very often proved

To make Pills for the head & Stomach

XIII

Take an ounce of cloves, a quarter of an ounce of Ruberbe, halfe
 a quarter of an ounce of Aramaticum Rosatum, beat these into
 fine powder & make these into pills mingled with the
 Compound of Syrrup of wormwood, and take three of them
 half an houre before Supper, and soe Continue every third
 night till the whole Mass be taken

probatum.

After the pills have wrought drinke some possett drinke
 about two houre after.

A Drink Good for y^e Palsey

13

XIV

Take of the shavings of the Stalks of old Rosemary halfe a pound weight Orange peels, wheat brann of each one handfull, red Sage dryed by the fire aday or two ~~U~~ handfulls, put these wth 2 or 3 Gadders of new Stedd into a bolting bagge & hang it in a vessel of 4 or 5 gallons of ale or beere of a middle strength & drinke nor other drinke for a whole yeare /

Pills for the head

XV

Take of Aloes a dram the rootes of wild gourds of all sorts, of Mirabilans, Diagrodium, Masticks, Bayberries, Roses of each halfe a draine of Saffron a Scruple stamp them well together with the Juice of Colworths & take seven pills of the same Mornings and Evenings.

A Medicine for the Stone.

XVI

Take the seeds of Saxafrideg rootes dryed to powder three times in a weeke, every day as much of the powder as will lye uppon a sicke pence in white wine, the next weeke drink it twice in the weeke, the third weeke once, & doe this every Quarter of the yeare.

A receipt to make black salve

XVII

Take one quart of Linsseed oyle halfe a pound of Bees wax, halfe a pound of very good white Lead otherwise called Ceres; first put the oyle into a skillett and lett the oyle be moderate hott, then add to it the wax lett them sooth together untill the wax be quite melted & then put in the Ceres, as soone as y^e have put in the Ceres stirr them altogether & lett them boyle near about two hours & lett it be stirred all that time; it must be boyled till it be black & stiffe and small well, and that it will rowle betwixens y^r fingers

It must be a very moderate heat of wood Coals.

A receipt for ^{the} Tooth Ache

XVIII

Take a pint of white wine vinegar, take the quantity of 3 beere glasses of the purest venice glass, put all y^r venice glasse into the fire where you must burn it untill such time as it be ready to dissolve to nothings, then take it out of the fire & put it into the white vinegar, where if it be well burnd it will melt & dissolve to nothing having prepared your Liquor in this manner, y^e must when y^e are troubled wth the tooth ache take some thereof & warme it in a dish or porringer then take a moultfull now & y^e boox it in y^r mouth as long as you can wthout swallowing, for to swallow much ont would be as bad as poyson

To make A healing Salve ⁽¹⁵⁾

XIX

Take halfe a p^{d} of Shoope suett, halfe a p^{d} of the best Resin, halfe a p^{d} of Boswag, and 3 peny worth of Venice Turpentine, first melt the hard & then put in the Turpentine, & lett it but just boyle up, and soe rowle it up.

To make oyle of Charity

XX

Take Rosmary, red sage, wormewood, Lavender, the lesser valerian, Camomill of each one handfull put these into a quart of the best Sallett oyle, sett it in the Sunn seven days, then sett it on the fire and lett it but boyle, then straine it from the herbes, & putt in fresh herbes, & soe doe 3 times & powder of the cleare from the thick & keep it for y.^r use.

This is good for all bruises to be taken inward or outward if inward give 2 spoonfulls of the cleare in a little balme posset drink, & annoynt it outward with the thicke, this will helpe y^e Toothache & all Old Rhumes if y.^e but dippe a cloath & lay it on; A little of this oyle w.th Senibers oyle will cleane a wound.

A Seare Cloth for An Ache

XXI

Take halfe a pint of the best Sallett oyle, one ounce and a halfe of white Ceres, a quarter of a po^{und} of white Lead, beat them severally, put y^r oyle into a broad pan & set it on the coales till it begin to boyle & then then put in y^r Ceres stirring it with a long stick till it looks like faire water, then put in your Lead & stir it till it looks blackish and dropp of it till y^e can rowle of it in y^r hand, y^e shall see it enough boyled by droppings it in fair water & when it will rowle y^e may make y^r searecloth presently.

A Diuine Drink for the Dropsey Short windedness or the Cysicke

XXII

Take one pound of Liquorish, Carroway seeds sweet Coriander seeds, Annis seeds, of each 2 ounces partly one ounce vnles the patient can make noe stoole & then halfe an ounce will serue, Allicompaine roots Polipodium of each 2 ounces Bay berries 3 ounces,

(17)

Rosmary, sage, Thyme, Burrag, Hyssop Winter
savory, Pennyroyall, Woodbinde, Weather wine, some
call it weatherwind, others call it Seate wine of each
one handfull, Take 3 galls of Spring water & boyle
all those together till they come to halfe the quantity
when that is cold, Straine it through a cleane
cloath, put it into earthen bottles & drinke it halfe
an houre before y.^e eat or drinke any thing else
in a morning, one quartor of a pint at a draught.

A receipt for a redd face

XXIII

Take the Juice of Southernwood one large
Spoonfull put it into a pint of Strong ale
or halfe a pint of Sacke drinke this by six
of the Clock in the morning fasting, abstaine
from eatings or drinkings untill Toun ~~of~~
then take Southernwood & put a little vinegar
to it & eat it with bread & butter as sage, & att
Twelve you may goe to dinor, this is to be observ
=ed for Toun days together //

A good preservative against the plague or pestilence

XXIV

Take Sago of vertue Rue otherwise called herbe
grace, Elder leaves & rodd Bramble leaves of each
of them a good handfull stamp them together
& then straine them through a fine ^{lynet} Linen cloth
and put to the Juice a quart of good whitewine
and a good quantity of white wine vinegar &
mingle them together & put hereto a quarter
of an ounce of white Ginger beaten to small
powder use to drink this medicine every morn-
-ing fasting for the space of Nynedays
together the quantity of a Spoonfull at a time
and this will by Gods help preserve y^e for the
space of a whole year.

A Drink for the Rickotts

XXV

Take of Botany Egrimony, Hartstongue, Liver-
worte, Colts foot Scarcious shuggar of each halfe
handfull, the middle rhind of Ash, Horn roots
of each a quarter of an ounce, Water crises &

Brooke wine of each one handfull, figgs sliced 10, Raisins
of the sun stoned 3 ounces, boyle all these in a pottle of
faire water unto a quart & when it is almost boyled
put in a quarter of an ounce of Liquorish strained it &
lett her drink of it 3 or 4 times a day & also in the
night if she vseth then to drinke you must put in
hartshorne rasped halfe an ounce

A Medicine for freckles

XXVI

Take a quart of white wine & a pottle of the flowers
of Rosemary put them in a good glass bottle, then fill a
great skillett with water Lapp the glass in hay & sett
it in the skillett before y^e sett it on the fire & so lett
it grow very warme but not boyle at all, then take a pint
of white wine vinegar put a new laid egge in it and lett
it remaine in the vinegar till the egge be consumed
or disolved then strain the vinegar & white wine
and put the Liquor in a cleane glass, then give it
a warme over the fire & so keep it for y^e use.

Take a pint of Plantain water & a pint of Hemittory
water, drinke a quarter of a pint every morning
and fast an houre after it.

A Salve for sundry uses called the Leaden plaister

XXVII

Take one p^d of oyle olive of the best 1^{lb} of white
Lead very well calcinated into dust, 12 ounces of
Spanish soap incorporate all these well together in
an earthen pott well glazed & when they be well incor-
porated that the soap comes upermost & put it upon
a small fire of coales, continuinge the said fire an
hour & a halfe still stirring it wth a bolt of Iron
fastned to a stick of wood, y^e make y^e fire some-
what bigger, till the redness be turned into a gray
colour but y^e must not leave stirring till the
matter be turned into the colour of oyle some-
darker, then drop it on a wooden tronchar & if it
wither cleave to y^e fingers nor the tronchar tis boyled
enough, then dipp y^e cloathes in that, the soareclothes
theroin dipped will last 20 yeares, & y^e older y^e better
this plaister laid to the stomach evokes appetite and
takes away the paine of the stomach layd to the
belly, tis a remedy for the Collicke laid to the
reines of the back it stops the bloody flux, ~ ~

(21)

Runings of the reins heat of the kidney & weaknes
of the back, it heales all swellings, Aches & bruises, it
breakes ffellons, Impostumes, pushes & heales them
being applyed to the fundam^{ts} it heales all diseases
therewin laid to the head, it is good for the vnnilla

A Good Cordiall for A woman in Childbed

XXVIII

Take a quarter of a pint of Cowslip water & 2 ounces of
Syrup of Cowgilly flowers & 2 pennyworth of Cinamon
water & 2 spoonfulls of Carott wine & Alcemus one
Draime mingle all those together and it is a soverai
gne cordiall for any especially for one that lyes
in Childbed

Pills for the Head

XXIX

Take one handfull of Allies and draine
for A Tetter

Take one handfull of Sallandine & as much bay
salt as can take up betwene y^r finger & Thumbe &
the juico of halfe a Lemon stamp y^m together in a
Mortar & straine the juico out & wash the place and
yⁿ put some of the hearbs upon it, use this 3 or 4
dayes together dressing it 3 or 4 times in a day
together &c

To Pickle Walnuts

Take y^r Walnuts at y^e biggness that y^e may run a pin through & put them in a pott & cover them wth a pickle made of salt & water, boyle the pickle up with vine leaves, lett them lye a week or a fortnight in the pickle if you like it, if they mould put a peece of rock'd allams in & cover them close, then take to a pint of white wine a quart of white wine vinegar & boyle y^m with salt & lett the pickle be cold, then take the nuts out of the pickle & crosse them with a knife and scrape the inwards out with a skiver and fill them with mustard, pepper, Ginger, and garlick mixt all together, Lay them close together in the pott & powder the pickle to them, Cover them with a plate or Tiled &

For the riseinge of the Lutes

XXX

Take red rose water a quart or a pint or also a penny worth of Saffron tyed up in a Linnen bagg or Tiffany steep it in ^{the} water a while then crush it between two spoones till y^e make the water an Amber Colour

Then give two spoonfulls of it ^{to} the partie when the flitts
cometh, if it doth not lay it give two spoonfulls more
immediately for three or four sundry flitts

A Receipt for the Wormes or a very good Purge

XXXI

Take 4 peny worth of Aloes & 2 peny worth of worm
seed & 2 peny worth of hartshorne it must be powder
of hartshorne & one peny worth of Curralline, bruise
the Aloes & pounce the worm seed very small & pounce
the Curralline to powder then mingle them together &
give it 3 mornings together as much as will lye on a
lip pence in a spoonfull of Beere & then wash your
mouth wth an other spoonfull of beere & fast 2 howrs
after it, & then take a little thin broth & keep y^r self
warmed, be sure y^e doe not gett cold.

A very good Medicine for any heate in the face
or other whors, although it be S^t Anthony's fire

XXXII

Take a pottle of Smites water a handfull of sage, 2 hand
fulls of Elde leaves or the greene barks of it & 2 of Alloms sooth
all these from a pottle to a pint, put it in an earthen or gally pott
& lett y^e patient anoynt his face wth it when he goeth to bed, in the
next mornings he shall find ease, but in 5 or 6 days (by
Gods grace) help.

To take away red rubies that grows in the face by reason of the heat of the Liver

XXXIII

Take hoggs sowit well purifyed & brimstone as much of the one as of the other wth the water distilled of a peach tree & horns & incorporate all together with a slow fire make thereof an ointm^t in the meane time abstaine from wine & all hott things.

for him that hath naturally A red face.

XXXIV

Take 4 ounces of kernells of Peaches 2 ounces Gourd Seed and make thereof an Oyle wherewith you may annoynt his face Morning & Evening, and this will destroy the redness.

A thing found true by Experionce.

To dissolve knotts in the Neck.

XXXV

Take clarify'd Wax iij ounces, Cloar Turpentine one ounce, Rosin 2 ounces, Pitch one ounce, Mirtharmoniake Mastick, Olibanan, 2 penny worth of each, Galbanum Tannogrooke, and Cummin, in powder of each one penny worte Dissolve the Guins in Wine Vinegar all night ~ then put them to your other things and melt them

with a gentle fire stirring them often, then Strain them
and in the Cooling put in the Turpentine, and work it
into rools, & when you use it Spread it on Sheep's
Leather, Apply it to the place and every Morning
wipe it and lay it on again.

A Medicine for the Plague

XXXVI.

Take a handfull of Sage a handfull of herb of grace
a handfull of Elder Leaves, a handfull of red bramble's leaves
and Stamp them together, Strayne them in a Cloath with a
Quart of white wine, take a quantity of Ginger and Mingle
them together, drink thereof Evening and Morning a full
Spoonfull, every day 30 dayes together, after the first Spoon
full they shall be safe for xxiiij dayes and after the 10th
they shall be safe for the whole year. by the Grace of
God.

And if it fortune, one to be Stricken with the Plague, or he
have drunkon of the medicine afforesaid, then take water
of Scabyon a Spoonfull, and so much water of Brittainne a
quantity of fine Treacle, put all together and it will put
out the venome; And if it fortune the Boyle to appeare
then take Bramble's leaves & Elder leaves, & Mustard Seed, Stamp
them all together, then take of it and make thereof a plaister
& lay it to the sore, it will draw out the venome, and the
Patient shall be whole by the Grace of God.

A Most Sovereigne and approv'd p^eservation
above all others for the Purgeing away from the
Heart all evill humors which causeth the infec-
tion of the Plague by one m^d Hintent ~
Doctor in Physick.

XXXVII.

Take the Root of double Crowfoot that beareth a double
yellow flower glistering like Gold, or instead thereof A
Claw of Garlick Stamp it in a Wooden dish, and fill
half a Hasel nutt shell full of the same, and tye the same
in the inn part near to the lower side of the left Arme
A handfull from the Wrist, and let it remain there about
vij houres, then, open the same, and you shall find a
little Bladder in the same place, if it be not ~~open~~ wrought
in the said 12 houres, let it remain untill the time that
the said Bladder be risen, and Cut of the Skin thereof
if the said Bladder be fallen, if it be not fall'n prick it
with a pin, then Cut it of, and then take a peice of the
branch of an Elder tree of the greenest as bigg as a pease
pare of the bark, and tye the end thereof to the place
afore said, and three Ivy leaves vppon the same, first
prick'd full of holes, and let it remain there so long
untill it have made a hole that will receive a pease, then
put therein a pease and lay thereon iij Ivy leaves -
prick'd, and so sift the same with a pease and three Ivy
leaves morning and evening and keep the same Close
and every ij dayes, as you shall so need, wash your

Run with French Wines blood warme, and do continue
with the same untill the danger of the Pestilence
be past.

The Order to heale the Same
xxxviii

Fourteen dayes before you will heale the Same, you must
boward of Surfetting, and use no penson' nor Beanes, and
take half a pint of French wine and half a pint of Sallet
Oyle, and mingle them together, and bath the sore threewice
twice or thrice aday, and tye a Cloth wet therewith to the
Same, and so it will be well Healed.

To make the Botch appear
xxxix

Take a handfull of Sorrell othervise cal'd green sawce
Stamp, and Strain it with a draught of Beer or Ale,
take a litle Treacle and the powder of one Nutmegg,
Mix 'em all together, give ~~it~~ the Sick to drink and the
Botch will appear within five ~~dayes~~ hours after
probatum est.

To break a Botch or Boyle
xl.

Take Vnlerinu Egrimoniu and Snails, Stamp 'em
together and Lay it to the sore.

Another for the Same. xli.

Take Raw honny, the Oyle of an Egg & Wheat flower &
make a plaister thereof, Lay it to the Same.

for the Tooth Ache.

xlII.

Take a Spoonfull of English Honey, a Spoonfull of Ginger and Pepper beaten small, a Spoonfull of Rose water, a Spoonfull of olquãvita, a Spoonfull of Red or white vinegar xij Sage leaves Shred small and as much as a Nut of Rock Allome, and so boyle them on a Chafing dish of Coales untill they come to a Tracle then make a Cloath like a Pascoe, and lay it between your Cheek and your Guine.

For the yellow Jaundice

xlIII.

Take Stale Ale half a pint, Dasy Roots a handfull wash, & Stamp 'em together, then Take Angletouches A handfull & Strip the earth out of them, then Strain them, and put to it the Inner part or Rinde of a Barbary tree, and drink them next your Heart at Morning and Evening.

For the Dropsy in the Womb, or in the feet, or for the Empoisthume in the Stomach or Gout in the Stomach, or for any evill.

xlIIII.

Take Stamony iiijth waight, Of Rubarb xijth waight, of Specknard iijth waight, flower of Cammomill jth waight, of white Shuggar Candy one ounce, put them all together in a Mortar and beat them into fine powder. Use this 3 days following fasting a Spoonfull at a time.

(29)

A Drink to the same which is made after
this sort following.

xliv.

Take Hyssop, Rosemary, Violets, Varvian, Bittany, John
Moscares, Plantine, Avemos, Sago, Featherfow, of each
one handfull, wash them Clean and Stamp yet a little and
do it in a new Earthen pott, and put thereto a Gallon of
White wine, and let it stand all night, and in the Morning
boyl it to a pottle then Strayn it through a Strayner, and
drink thereof in a morning Cold, and in the Evening hott.
You may use this 8 or 9 days following, and but a little
of the powder before he doth Drink it.

A water to Dissolve the Swelling in the Bowells
or Superfluity of Fatt.

xlvi.

Take two Gallons of Running water, Set it on the fire, put
into it 2th of Redd Fennell and 2 ounces of Angelikee, and
a quantity of Camyre, boyl these from 2 gallons to one or less
of water, and this every day fasting in the Space of xx
days. the greatness of the Superfluities of Humors, and
also of the Groyness will wast.

For Biting of a Mad Dogg.

Take a little portion ^{xlviij} of the herbs following, Scabies Matfolm
Nightshade wth the blowflower Wild Sage, Lilly root and Leaf
Stamp & Strain them, or if y^o have them Distild, take the water of them
put it to a little Treacle wth such Liquor as is meet to be ministred
whether it be man or Beast if must drink it, and that must be given
within ix days after it, fortune.

A Water to wash the breasts, if they be
healed or not
xlvij

Take a handfull of Rhue, as much of Sage &
two Spoonfulls of Hony, a little Roch Allome lik
a Walnut, Seeth all these in a quantity of White
wine, untill they be half consumed, then Straine it
and keep it in a Glass, wash the holes with it ~~then~~
and dross them with salve following.

A Salve for any Sore.
xlviij

Take five ou. of fine wax iij ou. of Rosin a Spoon
full of hony iij Spoonfulls of Neats Oyle, boyle all these
together, well stir'd, keep it. It is good for any Sore.

For Bloodshot Eyes
l.

Take Plantain water, Rose water and the white of
an Egg, mix them all together, and wash your Eyes
therewith, or els lay it upon your Eyes and it help
with God's Assistance.

A wonderfull Plaster for a Sore Breast.
li

Take leaves of mallows & wormwood of each a handfull
sooth them in Water untill they be as tender as Butter
of an Apple, then lay them on a board, and let the water
run from them Clean, then Cut them small, with a

knife; for they will not grind for fat, then Stamp them with a pound of old Swines grease; and temper them together till you know not the one from the other, this plaister is most pretious for Sore Paps, the rott of all others, it Matureth and Mitigateth^{not} only the payn in the Paps, but also, in hard Botches or Boyles under the Throat or chin holes, or any other place in the body where it lyeth hard in the flesh. This must be laid to luke warm in a double Linen Cloath changed twice in a day; Looko substantially on this Plaister for it hath no pores in such things.

For the Bynding in the Body.

liij.

Take a handfull of Parsly, boyle it in fair water, and lay it as warm as you can endure it to your Pavill and this to be vs'd 3 nights together bound round about you with a fair Cloath, then the 4th night take a Slice of Raw beefe and lay it to your navill with a fine Linen Cloath between one night and no more and that shall make you moderate in your Body.

For the black Jaundice

liij

Take a pint of Malmsey, put thereto the Juice of 12 branches of Sallendine, and a Sheep's turd straynd into it when it is new dung'd, long Pepper, English saffron & Turmerick, put those together & give it to the p'tye fasting. gbatum est

A water for the Liver & burning Feaver

lv.

Take Plantstongue, Liverwort, Maydenhear, Distill them together, and use to drink of this water which will purge and purifye the Liver, and quench the burning of an Ague or Feaver.

To make hard Syggs soft and small, if it be never so hard.

lv.

Take Mill-dust, Barely flowre, Wheat flowre and seeth them in Milk, put thereto Sheep's Tallow, Hony, Barrow's grease, and boyle them very thick and lay it thereto.

An Oyntment for the Morshew, be it white or Black.

lvi.

Take a pound of good Verdigreese, & one ounce of white Brimstone, make them into small powder then take out the brains of two Sheep's heads, put the heads into a pott, seeth them without salt then take the greasse thereof and put into the powder ^{thereto} and temper them together and it will be a good Oyntment for the purpose

To expell Poyson out of a Man.

lvij

Take the black Claws of a Crawfish, & beat them to powder, then drink them and it shall help you that are poyson'd without doubt.

A Salve to draw a Heale

33

lviii

Take a quarter of virgin wax, two ounces of Sheep's Suet, melted them together a little, then take them from the fire, and thereto an oz of Frankinsence and stir it well together.

For the Tooth Ache.

lix

Take xx Irye leaves, a little long pepper, boyle them wth a handfull of Salt in Old wine, then put the Liquor, when it is well boyl'd, into your mouth, on that side that is vex'd with ache, and you shall prove that the Ache is destroy'd. ʒbat. est.

A water to keep the Teeth from Stinking & also white

lx.

Take long Pepper, Purslowe, Astrologin, Rotund ~ Salgem, seeth them in wine, and use to wash your Teeth with this water, for it will keep them white and Clean.

A Speciall Medicine for the Tetter or Canker.

lxi

Take a Quart of the Strongest Ale you can gett, put there to a handfull of Sage, and a handfull of Herb of grace, a h. of Rosemary, a h. of Columbine leaves, seeth them together till the one half of the Liquor be consumed; then put there to a Spoonfull of English hony, and as much Allome as a Walnut, then let it seeth together, and let it be cover'd

And let the Herbs abide Still in it, and so wash y^e soreness and it shall ease it, *Plat'est.*

To make Teeth white.

lxij

Take the Root of Walnut Tree, & seeth it in white wine then take part of it and Chew it between your Teeth to dissolve the hardness thereof & so rubb your Teeth, and it will make them white and this is good for the Eye Sight also

for a woman travelling with Child to make her soon be deliverd.

lxiii

Take Bittonye and Date Stones in powder and drink it, and she shall be delivered anon.

A Restoritie for a King.

lxiv

Take Rosa Solis and Steep them all night in white wine and Still them, if a man be weak let him drink the water alone if he be metlye let him drink it with vinegar, this will make a whole man a Leg.

For Shortness of Breath. lxxv.

Take Hartstongue, Liverworth, Bittanye, Vervaine, Sentorye, Mugworth, Pellipodine, Sallandine of every one of those an oz then take Rue, Fennell, Dandelion, Fetherfew, and Wormwood, of each of these half an oz then take 4 Nutmeggs, Saffronds, Graynos & Troasle of every of these peells one half peny worth. Licoris, Anise & Siny of every one of these peells one peny worth, & 2nd worth of Shuggar Candy, boyle all those in white wine, and so straine and drink it

Another for the same, and for the Ague Cure. (35)

Lxvi

Take Bean water, or else a quantity 2 or 3 Spoonfulls and so much of running water, and drink Morning & evening, and if thy Leggs do fortune to break or swell then take Smith's water & a good Quantity of Shugger and boyle them well together, and so wash thy Leggs therewith warm.

For the Head Ache.

Lxvii

Take Bean flower, & powder of Cumyne of each like quantity and Seeth it in Strong white Vinegar till it be thick, then lay it in a Linen bagg to Noddack of thy neck behind, as hot as you may suffer it.

A Coppy to make the Sovereignst water that ever was devised by man, which Dr. Stephons a Phisician of great Cuning, of long experience did use and thowth did many great Cures, and all was kept in Secrett untill a little before his death, then the Archbishopp of Canturbury gat it from him. as followeth

Lxviii

Take a gallon of Gascoyn wine, then take Ginger, Gall-
ingall, Camell & Cinamint Tolliand.^s Nutmegs, Cloves &
Annise seed, of every of them one draine, then take Sage
Mints Red Roses, Thyme, of the moore Pillotry of the wall
Rosemary wild Marjorum or gamon as well called penny
royall Pennemountain wild thyme Camall Lavender and
Avants, of every of them a handfull, then break & beat the
Spices small, & break the herbs, put all in the wine, let it
stand still vij houers, stirring it sometimes, then still it in
a Limbeck, & keep the first water by it selfe for it is best,

then will there come a second water which will not be so good as the first.

The virtues of this water be those, it Comforteth the Spirits vitall, & preserveth greatly the youth of man, and helpeth the inward Diseases coming of Cold, and against Shaking of the Palsey, it cureth the contraction of Sinews, it helpeth the conception of women that be barren, it killeth worms in the body, & killeth the cold Gout, & helpeth the Tooth ache, it comforth the Stomach verry much, it cureth the cold Dropsy, it helpeth the the Stone that is in the bladder, & in the reins of the back, it cureth the Canker it helpeth shortly a stinking breath, and whosoever useth this water ever & anon, & not often, it preserveth him ^{long} in good likeing, and shall make one soon very young a long time.

for the small Pox or any other grief that lyeth in the Stomach. lxxix.

Take a ^{quart} of posset drinke, let it be strain'd clean, then take a good handfull of Marigolds, three crops of Rosmary, iiij of thyme, and 4 or 5 of Hyssop some organs, seeth these altogether to a pint and give it the Patient to drink and remember to strayn it after it is boyl'd -

A Posset to take away any of the Stomach the Small Pox, Malmsey or any other Grief. lxx

Take a quart of posset drink made with stale chle and rane milk strayn it, & put thowin a handfull of Marygolds some

Organes iij or iiij crops of Hyssop of Rosmary wash 37
all these, break them, and seeth them in the posset drink till
half be consumed, then strain it & give your Patient so often
as you may.

for the Small Pox lxxi.

Give no medicine when they break otherwise then to
wash the Eyes and Throat with Rosewater

The Receipt of the flowers of Rosemary and its vertues

lxxij
Take Rosemary flowers & Stamp them, then put ⁱⁿ a glass
with Strong wine, & stop it close, then sett it in the Sunn
5 or 6 days, and then still it with a soft fire and you shall
have both water & Oyle, the which you shall seporate and keep
close in a glass & its vertues are these
It helpeth against all payns in the head altho they have
continued 6 or 7 years, it comforteth the memory, and alsoe
proserueth the Eyes, if you drink thereof now and then a
drop or two & put another into the Eyes. It helpeth those
that are deafe if it be put into the Eares and also drunk
with good wine, It opneth all stoppings of the Liver &
Milke, and helpeth against the Dropsy, Yellow Jaundice
It breaketh wind & helpeth Collick, & riseing of the mother, It
is alsoe excellent for those that have drunk poyson, or that are
infected with pestilence, if you drink thereof a little and lay
you down to Sweat, it comforteth the heart & cleaneth the
blood, & makes a man merry, & causeth a good Colour, and this
Oyle is most excellent for those that are full of the Itche scabbs.
& to be short, it helpeth all diseases of the body that come of cold
& moyst humours, altho they were nere so evil, it helpeth the
Canker, Fistuloes and such like. &c.

A water for the Stomach, Poyson,
Small pox, or any Surfeit.
Lxxiii.

Take of Sallendine, Sage, Rosemary, Rue, Mugworth, Wormwood, Pimpernell, Dragon, Scabies, Egrimony, Balmes Centurie, Cardus, Bittony, Rosa Solis, of each a good handfull Angelica roots, white henband roots, Turmenbile, Hedon & Eccorith, of each half an ounce. Shave the roots and wash them, & the hearbs Shave, and Squeese the water out of them in a Clooth, then Shred and Steep them 2 days & Nights in as much white wine as will cover them as will cover them well, & let the vessell be close cover'd, take it out and drink it, keep it close in a glass or bottle, and when you use it, give it lukewarm to the party with a little Muggers infused, to a Child 2, or 3 Spoonfulls is sufficient, and to a Strong body 4, 5, or 6 Spoonfulls it is an exprimented Cordiall. You may use this a little Methridate in it — these Simples are to be gather'd in May, and then Distill'd in the begining of June. — —

Lucatellus Balsome
Lxxiv

Take halfe a pound of yellow wax, Cut it in thin Slices put it in a dish with a quart of Sack, and set it on a Chafing dish of coales, & when it is melted, put in a pd of Venice Turpentine very well wash'd, in Reddoso water, till it be white, then take 3 pints of the best Sallet oyle, & put the Turpentine and oyle into the wax and Sack, let them boyle gontly together almost an houre, then take it off the fire and

put to it is oz. of the purest coloured redd Sanders Sifted through a Tiffany & keep it stirring till it be almost cold. See pot it up.

The vertue of this Balsome.

lxxv.

It cures any green wound, melted in a saucer & dropt on the wound, & a linnen cloath dip'd in it and laid upō the part affected evry day. It cures any Scald, or burne, anointing the part if the skin be broken, warm it and lay a dipp'd linnen cloath on it. the like for a Scalded head it is verry good for the head Ache rubbing the Temples with it & the nape of the neck being warm'd, In like manner for the Gout, & Plurisie after letting blood eating the quantity of a Nut rolled up in Shugger and afterwards anoynting the left side there with

Dr. Right's receipt for the Scurvie

lxxvi.

Take a pound of Sea Scurviegrass after it is pick'd & dryed near a fire, half a pd of Raisins of the Sun Ston'd, one handfull of Roman wormwood, one handfull of dry'd Orange peels, one handfull of wheat bran, 2 oz. of Shavings of Ivory, of Gallinall roots prepar'd, Coriander Seeds, of Caraway Seeds, of Nutmegg, of each 2 draams mix all these into one lump in a Stone Morter, and put ^{it} into a bolting bagg with 3 or 4 gades of new Steel to hang it in a vessell of four Gallons of ale of a middle strenght, after 5 or 6 days begin to drink it, and use other Beer or ale.

A Receipt for the Convulsion fitts.

lxxvij.

Take a quart of white wine, put into it a good handfull of Cowslips leaves, boyle away a third pte, then take it off the fire and let it stand till the next day, then strayne it, and soe drink it till all be done.

To Stay the bleeding of the Nose.

lxxviii

Take a Raisin of the Sun, Slit it, and turn the inside outward, then put it up the Nostrill that bleeds and if the blood fall down the Throat, take some Raisins of the Sun, Chew them, and soe hold them in your mouth.

An Excellent drink for to Cure a Fistula.

the Lady Mildmay's way.

lxxix

Take Sanicle, wood Bittany, wild Daseys leaves and root, red bramble leaves Dandelion with the redde ribs or stalks in the leaves, Arvenes Bugle, white Bodell or Ox Eye, Egrimony, Mother-worth, field Charvill, of each a good handfull. Mugworth, Ribwort and wormwood of each a few Sprigs: wash all clean, & shake out the water through a linnen cloath, then boyle'em together, in a quart of good white wine, over a soft fire, for the space of a quarter of an hour & over, then put to it 2 or 3 Spoonfulls of English hony, and let it seeth or simmer awhile after, well stirred about with a spoone in the seething. then strayne it hott through a Cloan Cloath into some

Earthon vessell wringing the cloath well; and when it is cool put it into glass bottells, Let the patient drink thereof Morning and Evening luke-warm 3 Spoonfulls at a time or thereabout, as his Stomache serv's him. for Speedy cure you may tent the wound or Sore, and lay thereon a Colworth leafe. If the Patient be a woman with Child leave out the Mugworth.

For an Ulcer in the Kidneys lxxx.

Take yellow Dock-roots one oz. Slice it verry thin and with a Nutmegg Slic'd boyl it in 3 pints of Ale, till halfe be consumed, Skim it well, and drink it three mornings fasting, continue this 15 or 20 days together.

A drink to Strength the Liver and keep one from the Dropsy. lxxxj.

Take Yellow and Redd Dock roots, white & yellow Sanders and of the wood Goracum of each one oz. Agrimony 2, 4 handfulls, of all these make a gross powder, put it in a bolting bagg with a Stone to keep it down and Tun up 4 Gallons of new Ale vpon it let it stand Six or Seven days, and then drink it for your ord'nary drink and no other, 6 or 7 days before one be spent make another proportion, till you be thoroughly well.

For the Scurvy & Dropsy.

lxxxij.

Take Six p^d of the leaves of Sea & Garden Scurvy Grass
a p^d & a halfe of Brooklime, as much of water-Cresses;
Stamp & Straine the Juice out, put to it 4 p^d of the roots
of Briary, Horse radish 2 p^d, Wintene halfe a p^d, twelve
Lemons. Slice thin meat & Rhine 4 oz. of Nutmeggs grossly
bruis'd let all these stand infusing 3 days in Eight
pints of Rhenish wine, then distill it.

Take 3 Spoonfulls of it ev'ry morning & Ev'ning:
you must abstaine from all Salt meats, Swines flesh,
Butter and wine. It is very good to wash your Eyes.

A most Excellent receipt to keep the Face
from Pitting with the Small Pox.

lxxxiii

Take a pound of Butter out of the Churn^e unsalted
a pound of Shuggar double refined beaten & Searced
put these two together upon a slow fire to melt,
then beat it till it is thick, and keep your Face
annointing with it, that it may not be dry, &
this is not to be us'd, ^{till} the Pox begin to crush.

Judge Ellis's receipt for the Stone

lxxxiv.

Take Saxifrage, Parsly, Thyme, Winter Savory
Germander, Camomile, wormwood, Penny royall,
Hyssop, Lavender, Fennell, of ev'ry one of these
two good handfulls, chop them small, and infuse

Them 24 howrs in 3 gallons of Small Ale, Slice
2 or 3 Nutmeggs, & put to it Venice Turpentine
well wash'd in Red Rose water to the quantity of
a Walnut, and as much live hony, put all these into
a Limbeck or Still & distill them, keepe a quart of the
first running by it selfe, & a pottle of the Second,
and a pottle of the third, and as occasion serv's drink
the water, one Spoonfull of the first, 2. of the Second
and 2. of the third, with 4 Spoonfulls of White wine and
Nutmegg & Shuggar, 3 days before the full, and
three days before the Change of the Moone: it is
only to be made in the Moneth of May.

For the Rickets lxxxv.

Take three quarts of the Strongest Ale out of the Fatt,
put to it one oz. of powder of Annise-Seed, one oz. of
powder of Liccoris, half a pound of Figgs Slic'd, half a p^d.
of Raysins of the Sun Ston'd, a quarter of a pound of the
best Blue Currans, one handfull of Knottgrass, a handfull
of Cumfry, a handfull of parsley roots washed & scraped
and Slic'd verrey thin; boyle all these together till halfe
be consumed away, then Strayne it all out, and put to
it one Spoonfull of live hony, & halfe a pint of Muscadine
then sett it over the fire again, & let it continue till it begins to
Symper, then put it into an Earthen pan, & when it is
cold bottle it, you must give the child 2. Spoonfulls in the morning
fasting, 2. after dinner when it goes to Sleep, & 2. at night going to
bed. this is to be continued till the quantity be all taken,

Every night all the Joynts, Breat & Ribbs of the Child must be anoynted with old Sack, and layd in a blanket extraordinary, and be kept very warme.

For the —

lxxxvi.

Take Gallap finely powder'd one dram, Cinamon finely powder'd halfe a scruple, mix them & take them in a draught of Chicken broth, so having gently purged take as followeth.

A pint of Plantin water, or water distill'd out of Oak leaves, or a decoction made of Oak buds while tender, blanch a Score of Almonds and pound them well as to make milk, put it over the fire and give it a Scald together, then take it of & put one dram of powder'd Mastick, and three drams of Shugger of red roses, Let the Liquor be neer cold. then take five Spoonfuls or more every morning first, and last at night twelve or 14 dayes together.

To make Flayre grow.

lxxxvij.

Take an Egge, rost it in the ombors till it be hard then take the yolk, and halfe so much fresh butter, and as much Pepper as will lye on a knives point, Add as much hony as will make it into an Oyntment, and so anoynt the head with it —



45

An Excellent Cordiall water for
Dizziness & swimming in the head.
lxxxviii.

Take four pound of black Cherries, bruise the Stones of them, then put them th into the Cherries into a Glas bottle, and into them a good handfull of Balm & a handfull of Rosemary tops, Cinamon, Nutmegs of each halfe an, then pour upon them all two quarts of Sack stop it Close and let it Digest 24 howrs, then distill it of, in Balneo, distill so much of it, that it be weak, like ^{weak} aqua mirabilis. Sweeten it with white Shugger-Candy to your tast, and drink a little wine glass full of it in the morning fasting and at night going to bedd.

Agua Mirabilis. S^r Kellam Digby's way
lxxxix.

Take Cubbells, Gallinall, Cardimon Seeds, Mellilot flowers, Cinamon, Nutmegs, Mace, Cloves, of each two Drams the Juice of Sallendine, a pint, of the juice of Spearmint, and Balm of each a pint, one pound of Shugger, the flowers of Cowslips, Rosemary, Bourrage, Buglafs & Marygolds & Clovegilly flowers, of each two oz. three pints of the best Sack, and one pint of the Strongest Angellica water, bruise your Spices & Steep them all together with halfe a pint of red rose water, one night in the Sack, Still it in an ordinary Still or glass, & lay Hartstongue loafes in the bottoome of the Still, add to this the weight of 12^d in Saffron, make four times the proportion

instead of Angellia water, put in a quart of French Aqua vita, and a quart of the juice of Angellia and one oz: apiece of the Spices. —

To make a Cake

XC.

Take a Gallon of flower, 6th of Currans 3th of Butter halfe a pound of white Shuggoe, a pint of Ale yest or barm, 20 Eggs verry well beaten tenn of the whites left out halfe an oz. of Cloves, as much Mace, two Nutmeggs, halfe a pint of Sack, a little Damask-Rose water, a pint of Cream warm enough to melt the butter, You may add what Sweet meats you please. Bake it in a quick oven &

A most Excellent water for y^e Stone

XCI.

Take Six handfulls of Small Raddishes 6 handfulls of Mother thyme, 4 handfulls of Pelletorie of the wall, 4 handfulls of Saxifrig hearb, one handfull of Phillipendula 3 oz. of Sarsafrie wood. Cut all those grossly together and put them into a Gall of new milk either of a Red or a Coal black Cow, & so let them steep 24 hours & cover'd, then distill them in a Common Still. It will yelde 3 quarts of water, It must be Still'd in May. when the water is Still'd Stopp it close, and Set it in the Sun for a Moneth.

You must take it thus.

When you are to take this water you must over night take a porringer of fair ^{Spring} water & put into it a quarter of an oz. of the wood called *Signum nostratu* Sliced very small and Thin and lett it steep in the water 12 hours, then draine from the wood: & put to the water 3 Spoonfulls of white or Rhonish wine; And 4 Spoonfulls of this distill'd water, with the Juice of a Lemon & some 2. Spoonfulls of Loaf Shuggar. Then take half a Nutmegg Slic'd very thin, put it into a Spoon with a little of the water, Swallow it and wash it down with rest of the water; Take it fasting and fast 2 hours after it; This is to be taken at the new of the Moon three mornings together, but if you feel no great pain, then one morning in a Moneth will be enough; but you must use it Constantly I do assure you those that have used this water never had any great fitt after the taking of it.

The Duke of Monmouth's Receipt for y^e Stone

xcij

Take a Gallon of Haws ripe, Stamp them very well Stones all, put them into a pott with 3 quarts of white wine to cover them, put into them four Fennill roots, and the leafts, take out the pith of all the roots, and put into them an ounce of Fennell seeds and almost an oz. of Anis seeds, bruise the seeds, and steep them together a day and

A Night, and if three Quarts of white wine will not Cover them put in more, and Soe put it in your Still peast it vp and you may draw out two quarts Mingle it together, take Six Spoonfulls of this water and Six of white wine and one Spoonfull of Syrrup of Elder and x drink it three days before the new Moone and three days after, and Soe at the Full, or when it troubles you.

S^r Thomas Weatherly's Dyett drink for the Gout.
xciii

Take five oz. of the best Sarsaparilla slic'd thin, of flinty China well bruisd 3 oz. the Shavings of Sassafras an oz. Hartshorn, and Ivory of each Six drams infuse these twelve hours warm in Ten pints of water, then boyle them, close cover'd, with a very gentle fire untill four pints be boyl'd away, putting to them toward the end Sage, Germaner, and Ground Pine, of each a large handfull, whole Raysins four oz. Red Sanders & Coriander Seeds of each Six drams, & take it from the fire and Straine it and let the Liquor stand to settle, powr the clear from the bottome and to every pint add an oz. of the Syrrup of Balsome of Tola.

S^r Thomas Weatherly's Ale for the Gout.
xciv.

Take Six or Seaven Gallons of Wort made of a Bushell of Malt put to them an handfull of Hopps, boyle they halfe an houre then infuse in them the Shavings of Sassafras and Guaiacum of each two oz. Liquorice slic'd thin an oz. Raysins Ston'd two oz. Ground Ivy

Ground Pine, Sage, and Germander of each two large handfulls boyle these with a very gentle fire close covered vp, untill a Gallon wast, when it is cold Strain it, and work it vp with yest, and keep it in a ^{litt} vespell, having in the vespell in a bag a pound of Antimony in powder after 4 or 5 days you may draw it into Bottles and Drink it for your comon drink.

M^{rs} Davis's Cordiall water

xcv.

Take two Bottles of Sack & two bottles of Brandy, 4th of red Cheryes the Stones crackt, a handfull of Rosemary flowers, halfe a handfull of Mary gold flowers, a handfull of Archangell flowers, a handfull of the tender tops of Balm, a handfull of the tender tops of Spear Mint, Six penny weight of Saffron, Clovegilliflowers 500 clipt, one oz. of Cinamint one of Nutmegs, Cloves & Mace of each halfe an oz. put all these together all night and then Still them off, let it drop vpon white Shugger or Shuggor Candy.

A most Excellent Pill for the Stone, or ^{an} vlier in the kidneys or Bladder, or bloody water. Approved by Able Physicians. xcvi.

Gum Guai	℥ss	that which is greenest & transparent is.	best
Amoniacum	℥ij	the whitest & clearest	
Moes Succotini	℥vi	the reddest & most transparent	
Tartor vitorall.	℥iiij	the whitest & Tartest.	
Prepared Pearle	℥ij		
Amber Greece	gr. 12		
Balsom of Peru	℥ss		

Directions

Directions to make the afores^d Pills

First, Beat the Ambergreece, then beat the Pearle into fine powder, mix them on a clean sheet of paper, beat the Tartar vitorall into fine powder, as alsoe the Aloes & Gum-guaicum very carefully, & then mix the said Tartar vitorall, the Aloes and Gunguaicum upon an other clean Sheet of paper; then with a clean Mortar and pestill beat the Amoniacum till it begin to stick to the pestill, then with a course cloath make your pestill clean and heat the said pestill a little hotter than you can well endure your hand on it, then put a quantity of 12 drops of whitewine vinegar to the Amoniacum, then take your pestill it being not over hott, make it clean with a cloath, then dissolve your Amoniacum and vinegar very well, when you have soe done put in some of the powders, mix it well together and when it begins to be stiff put in some Balsome & then more powder, beat & mix them well, then put in more Balsome, then more powder, doing as abovesaid stirring be sure well from the bottome with a Spatula or knife, and after all the powder is in beat it for a quarter of an houre, then take it out & temper it between your hands mixing the Pearle and Ambergreece in it; then keep it for your vse in a Gally pott, & when you have occasion to vse them, make them vp in the bigness of ordinary Pills, take five or seaven every night when you goe to bedd soe continue till you be well, and at any time when you find your selfe ill take them againe.

51

Dr Thomas Weatherly's drink for y^e Scurvey.
xcviij

Take 4 pints of Rhenish wine, infuse in that, Bryony roots sliced thin two oz Elicampane roots one oz, Orris root halfe an oz, the outward pills of an Orange, and a Lemon, and two Nutmeggs sliced, after 12. houres infusion Strayne them, and put the Strained liquor, the Juices of Garden Scurvigrass, Brooklime, Water Cresses, and Oranges, of each 4 oz. and as much Shugger as will make it gratefull,

Take of this a quarter of a pint first every morning and at 5 or 6 in the Afternoone.

To make Gums grow
xcviij

Take a Quarter of an oz of Myrrhe as much Bolal-manak and halfe as much Salt of Prunella, make all these into a powder & Sift it very fine, then make it into a past (not very stiff) with hony, soe spread it vpon fine raggs the breadth of your finger, soe lay it to your Gums every morning & after Supper, and let it lye an houre or two, when you take it of wash your mouth wine, or if you can with your owne water.

A Reccipt to Strengthen the Sight.
xcix

Take Lignum, Aloes, Storax, Sassafras, barke, Amber, of each a dram cut Betany halfe an oz, Rosemary flowers or Rosemary it selfe a quart. of an oz, & as much Tobacco mixt with as you put of Rosemary.

It is to be taken in a Pipe like Tobacco.

Water for the Teeth

C.

Take Rosewater halfe a pint, Cynamon, Cloves, burnt Allome, of each two draims, put all into a viol of a quart, fill the viol full of comon water, and boyle it together vpon the hott ashes till the third part be consumed, then keep it for your vse.

Barley Cream.

Cij.

Take a handfull of French Barley, boyle it in 3 or 4 waters, till it be pretty tender, then sett a quart of Cream vpon the fire with some Mace & Nutmegg and when it begins to boyle put in your Barley and boyle it till it begins to thicken, and Season it with Shugger and Salt to your tast & soe serve it vp when it is almost Cold you may add to your Creame a quarter of a pound of Almonds blanch'd & finely beaten.

To make Angelletts

Cij.

Take three quarts of new milk and one quart of Cream or soe much Strakings and noe Cream, put a little Ruenett to it, when it is come enough take the Curds vp Softly with a Ladle, and fill the Fatt therewith, and as it Sinks Still fill it vp againe but break the Curd

as

Little as you can, when it is full enough let it stand till next morning, then vntye the Fatt and Salt it on both Sides, then tye the Tatt vp againe; soe let it stand 3 or 4 dayes turning it every day, and wash the Fatt and lay it vp againe. then take it out & set it on a Trencher turing it every day till dry

To make Cream Cheese

ciiij.

Take 4 Quarts of new milk and two Quarts of Cream put the Cream into a Skillet and boyle it vp, & take it of the fire, then let it stand a little, & put it into your milk & put in the Runett, let it stand till it ^{be} Come, then with a Skimming dish take vp the Curds whole without breaking, soe put it into the cloath and turn it often the first day in a wet Cloath strewing a little Salt on it, the next day turn it into dry cloaths and within two dayes you may put it into Rushes or Grass, Nettles or Ash Leaves.

For the Sights

civ

Take of Rue & Sage of each a good handfull and about 400 Hogg Lice putting them when bruised into a bagg with your hearbs into a vessell of Ale of about four Gall. after it hath done working not before then drink this after it hath been stop'd up 24 houres close, use it as your Ordinary Drink.

For a Consumption

CV.

Take a red Calves Gather fresh and new kild: have of Scabious, Ierusalem Sage, and Mayden hair of each a good handfull, two ounces of Anis seeds, and eight ounces of Dates; the Gather must be onely wiped out of the blood, then take three quarts of red Cow's milk and put all these things in and distill till they be dried up, drink a wine glass full of the water first in the morning and last at Night till it be all spent, add to every glassfull a spoonfull of red Rose water, and sweeten it with Suggar candy

For a Cough.

CVI.

Take a quarter of a pound of Raisins of the Sun Stoned, a quarter of a pound of white Suggar Candy powdered, a quarter of a pound of Conserve of Rases, all well mixed together, then make a hole in the middle and drop in 12 drops of the Spirit of Sulphur, and mix it well together, take the Quantity of a Largo Nutt at a time.

To Make Cream Cheese

Cvij.

Take a Gallon of Milk, a Quart of Cream, three pints of Boyling water, a Spoonfull of Runit, mix'd well together, when 'tis come whay it between two, breaking the Curd as little as possible, put halfe a pound waight at the first, never exceed two pound waight, change it into a clean cloath every quarter of an houre, at night take it out, and salt one side, the next day turn it and salt the other, the next day put it into fresh greiss, turn it, and wipe it, and put it into fresh grass every day till it be ripe.

A Receipt to make Poppy water

Cvij.

Take 2 Bushells of black eyed Poppeys, Sift the seeds and drye them, so done, upon them & sift them againe, then take 3 Gallons of Brandy, put the poppeys & Brandy into a large glasse, & put into it these following seeds, viz: Carroway seeds, Sweet fennell seeds, Gromball seeds, Corriander seeds, of each, 3 ounces, a quarter of a pound of Lickorish, Scrape & Slice it $\frac{1}{2}$ of browne Suggar Candy of Cynamon 3 ounces, one $\frac{1}{2}$ of Raisins ston'd, & as many blew Figgs cutt in peices, and as many Dates ston'd, then take 3 or 4 handfulls of Clove-Jelly flowers, clip'd & dry'd, all these must be put into y^e Brandy & stopp'd up close, & infused in the Sun 6 weeks, or 2 moneths, afterwards strayne it & bottle it up for y^r vse.

For Heats in the face

CIX.

Dock rootes one handfull, Burdock rootes one handfull, Scabies one handfull, Fernittery one handfull, Dandelions, & Sorrell one handfull of each. Boyle them for halfe an houre in the quantity of Eight or Nynne Quarts of Clarify'd Whey, then Straine it and drink it at your Leisure. but you must be sure not to drink any other sort of drink while you are taking this, and in 12 days time you will be perfectly well

For the Teeth:

CX.

Grie Berryes two Spoonfulls, Sage halfe a handfull boyled together in a quart of water when 'tis boyled Dissolve a peice of Allome the biggness of a small Nutmegg, and Sweeten it with Honey

57

A Receipt for Piels that
Never faileth
C.xj.

Take four ounces of white Lead the like quantity of white Francinsee, and Lift them through a Tiffany, and mix them with good honey till they be as thick as to Spread for a plaister, then Spread it on a linen cloath, and apply it to the place as warm as you can endure it. You may Singe you cloath it is the best way.

M.^{rs} Bayley's Cordiall Ale.
C.xij.

Take 4 handfulls of Firt, 3 ounces of Parsapilla one ounce of China Slic'd, an ounce of Hartshorne as much Ivory; boyle these in 5 or 6 gallons of midling wort, as it comes from the malt till a gallon be consumed; then work it with ale barme: then Turn it up when it has done working, put in these things, (either in a Bagg or loose,) of Scorzinero roots 3 ounces; Sweet Charvill & Eringo of each 2 ounces; Hartstongue dry'd 2 handfulls, Maiden hayr Agrimony, Liverworth, of each a handfull; Winter Bark halfe an ounce, the Rhinds of two Oranges,

58
halfe a pound of Raysins of the Sun Ston'd, Brook=
lime, water Crespes, 2 handfulls of each, if you hang
these in a Bagg: put a Gad of Steele in it. The furr
must be broke in peices, & the roots Slitt when you put them
in to boyle: after 4 or 5 days drink it for your ~
constant drink.

To make Pomatum

cxiiij

Take a Mutton Kell, and put it hott as it com's out of the Sheep
into a pail of water for two howers, then pield of the out=
ward Skin, and put the Skint into water againe for ten days=
Shifting it Morning and Evening into Fresh water. then
take it out and rubb it in a Napkin dry, ^{then put it into milk for 3 days Shifting twice a day then rubb it dry.} and put it into an
earthen pipkin with two or three white Lily roots, and one
March-Mallow roote Scraped, & cut into Small pieces, and a Shilling
worth of the 4 Cold Seeds husk'd with a Small bit of white Sugger
Candy; Stirr all these together. then put the Pipkin that noe=
agre comes in; and Set it into a Kettle of water, which must
boyle Softly for 4 or 5 howers: then take it out and Straine
it into an Earthen Basin; and put into it whilst it is hott
one ounce of Sparma-ceti, beating it continually for two
howers together with a hott hand, then drop it on paper
in little lumps: and Keep it as long as you will; See you
doe not put it too close together. &c.

Doctor Jacob of Canterbury medicine for the Stone
CXIv

15 granes of goats blood in powder. Dranke
every morning in asses milke, or other milke

115 Doc. Jacob's receipt for giddiness
in the head.

The single male piony root in powder = peacock
dung in powder and nutmegg half an ounce
of each take every night and morning as much
as will lye upon a six pence in four Spoon-
=fulls of black Cherry-water.

116 D.^r King's receipt for the griping
of the gutts

Take a penny loaf, and slit it, and toast it,
and spread it over with venice treacle; and
dip it in sack boyled with cloves, cinnamon,
and nutmegg; tye it up in a cloath, and lay
it hot to the navel.

To take away haire.

Take twelve horse leeches wash them well & dry them in a cloath, then put them in a paper, prick the paper full of holes and dry them by the fire leisurely till they will powder beate them & sift them very fine then mix them wth white starch as much as the leeches mix them with brandy like a saluf and anoint the place. Then with the blood of a mole anoint the place three times.

To make haire grow

Marsh flagg flowers take a good handfull and Street Dokes the tops as much beat y^m in a mortar; as much juice as you have take as much spirit of rosmary and spirit of hony mix them together to anoynt the place.

J^r Sydenhams prescription for the ^{6^p} P for
the head

119

Take conserve of roman wormwood and orange
peel candid ^{of each 1 oz.} angelico and nutmeggs & venice
treacle of each 3 drachms with a sufficient quan-
tity of Syrup of candid citrons to make it into an
electuary of which take the quantity or bigness
of a nut megg every morning and night drinking
6 spoonfulls of the following infusion.

Take the roots of horse radish Elecampane
Angelico of each half an ounce garden Scumy
grass, white horehound, the topps of Roman
wormwood century and Broom of each, Handful
chamomill flowers, pugill Juniper berries
6 drachms the Rhinds of 2 oranges cutt in
little pieces. These are to be infused cold
in five pints of sack so long as is convenient
and Strained when you use it

62 Mr Callys bitter drink for y^e head
120

Take of the tops of Centuery flowers of
camomill of each a pugill, gentian root a
scruple Sena and cardus of each a drachm
Infuse them in a pint of Spring water to
the evaporation of half of it then strain
it and Drink it for severall days together
as you shall find convenient.

121 An infusion in Sherry

Take rosemary tops camomill flower Centuery
of each a small pugill, cardus and citron
Seeds of each drachm bruised of gentian
root thin sliced 2 scruples infuse them
2 days in a quart of the best Sherry
Then strain them and drink 3 Spoonfulls
in the morning and as much at 4 in the
afternoon fasting an hour after it.

Pills for the head, and for the
Stomack.

121

Take half a dram of Pale rufey, and —
three grains of powder of Castor and —
mixe it up it is one dose, it is to
be made in to four pills. Take all
att night when one goeth to bed.

123

To Pickle Walnuts

Take green walnuts, pick them from y^e stalk & put y^m into
cold water sett them on a gentle fire till y^e outward skin
begins to peel off. then wipe it of wth a coarse cloth and then
put them into a tub or pot, put salt & water to them, change
them once a day till till y^e bitterness & discolouring of y^e water
be gone. then take a good quantity of mustard seed, & beat it wth
vinegar till it becomes coarse mustard. then take some cloves of
garlick & shallots ginger & a little beaten cloves & make
mingles it wth the mustard. then make a slit in each nut
& put in as much as you can. then take vinegar & boyle it
before you take it off y^e fire put in some whole pepper ginger
cloves, mace & some of y^e afore s^d mustard & garlick. put y^e nuts into
y^e liquor boyling hot, then cover them very close in an earthen
pot & keep them for your use

For Madness in Men
or Beasts

Take of Agrimony roots Primrose roots,
Dragon roots, Single-Pyony roots of each one
handfull, the Black of Crabbs-clawds prepar'd
1 ounce. Venice Treacle 1 ounce; the leaves of
Box bruisd one handfull. Starr of the earth 2
handfulls. Beat all these, and bruite um together
then boyle um in about a Gallon of Milk till
half be boyl'd away then putt it into bottles -
unstrain'd and give of it 3 or 4 large spoonfulls
at a time 3 mornings together, before new
and full moone. Observe that before you beginn
to give it, to take away a little blood. Some
of these herbs being difficult to be had in winter
may be gather'd in due season, and being dry'd
and powder'd may be given mix'd with the
Crabbs clawds and Treacle and Sallot oyle and
it will do the same

Dr

Take to i pound of Almonds, i pound of double
 refined Sugar beaten and Sersed first beate your
 Almonds with as much rose water as will keep
 them from drying; putting in not above half
 a Spoonfull at a time: when they are beaten
 verry fine, then mixe 'um with your Sugar: so
 make um into fakes upon little square papers
 then bake um ~~on the~~ ^{over} with a swift fire; and
 when they are hard enough to turne, then bake
 um on the other side upon fresh papers; and
 when they are bakd on both sides, then Ied um
 with a soft ied, and as you ied um: bake first
 one side, then tother and so turne um off upon
 a pye-plate, and lett um be often turned till they
 are drye. Your Almonds should be twelve
 houlds in ^{cold} water before they are blanched.

A May-Dish.

Take a quart of Cream and ten Eggs broke into it: stir it upon the fire till it turne to curds, poure it into a Napkin, hang it up till all the whey is out: a quarter of a pound of Almonds beaten verry fine in Rose Water: 2 Nutmegs grated and one pennyworth of Spinnage Boyle and hacke verry small mixe all these well to gether and season it with Sugar and salt; one quarter of a pound of Butter and putt puff past ~~all~~ on a Dish topp & bottom

To Pickle Large Cucumbers.

Take Cucumbers about the Bigness of a Mango wipe um and cutt um in half: Scrape out all the seeds then putt in some cloots of gallick mustard seed and ginger, and tye um close with fine pack thread; lay um into a jarr: take as much vinegar as will cover your Cucumbers and Boyle it with three or four handfulls of salt sliced ginger and a little Pepper then poure it to um, Boiling hott. Stopp the jarr verry close with a cork, and lett um stand a week before you open um.

Take Bittony, Scabius, Plantine Brooklime of each
 a handfull: of water-cresset half a handfull: and
 half a handfull of the topps of Rosemary; and of
 scurvy-grass one Gallon: Stamp um and straine
 um in a gallon of your strongest Beere: then
 take foure drachms of Long-pepper; halfe drachm
 of grains, one drachm of cleves and mace, and
 one pennyworth of Saffron beat um all small
 and mingle um togeather, then take your Beere
 and divide it into two parts, and putt one half
 of your Spices into one pottle of your Beere and
 lett it lye in as long as you think fitting: then
 take the other half of your Spices, and putt um into
 the other pottle of your Beere and straine it
 out till the juice be thoroughly out: and so drink
 of it six or seven times a day thred or foure
 Spoonfulls at a time for ten dayes together

I robat / 21

To make etlmen Ginger - bread

Blanch a pound of the best Jordan Almonds
 Beate a few of um at a time, droppin a little
 Rose, or Orange water to keep um from eyling
 they must be beat to a perfect past one pound
 and half of double-refined Sugar serued verry fine
 and powder ginger to your tast: as much
 Gum dragon as a Nutt infused in orange flower
 water Beate all thos in a mortar till it is
 well mixt. To make the Browne add Cinamon
 powder, and twelve drops of spiritt of Cinamon
 If you please make up the white with fine sugar
 and the Browne with Cinamon powder: role it
 out and print it: then lay it before the fire to
 drye

For those that Cant hold
their water

69

2

Take the claws of Hogs dont wash um,
drye um in an Oven, but be sure they are not burnt
Beat um to powder sift um take as much of the
powder, as will lye on a sixpenced morning and
night till you are cured

To pott Craw-fish

Take the Butter and Clarifye it with a
good quantity of Mace; then keep shaking it over a
chafin dish of Coals till the fish be all pickt and
put in an Anchovy while you shake them and when
you heat them againe put to them a sliced or two of
Lemon as you pick them put them to the butter, and
pick them while hott.

Sage, Sallendin, Rosemary, wormewood Muggworth,
 Dragons, Pimpernell, Scabious Egrimony, Rosa Solis,
 Scordium, Sentergy, Rew, Bittony Cardus Benedictus
 Mary gets flowers, of each one handfull: Roots of Gentian
 Tormentill, Olicompane, Angellio, Ledearg English Licorish
 of each an ounce: beat roots and herbs in a Stone Mortar
 then steep um two dayes in a gallon of White wine, and
 one quart of Sack: Distill it in a roke - Still well pasted round
 with rye-past, and the Receiver well pasted close with Browne
 paper lett it runn on white sugar-candy two ounces to a
 Bottle: You may putt the first and Second running together
 for that will make both good

To make haire growe where there is none

Take bees and burne um uppon a fire-shovell or some
 such thing: then boyle the ashes of the Bees in sallot oyle
 then annoynt the place therewith where you would have
 Haire growe, and in a short time you shall obtaine
 your desire

Doctor Lovers receipt for Scurvy

71

133

Take a pound and a halfe of Dock rootes, Three handfulls of harts Tongue, four handfulls of Dandelion rootes; ~~then~~ three handfulls of fennel put them into a bagg to foure gallons of small Ale.

134

Expelling of wind

Take dry perserved Elicompany as much as will lye on a shillings sifted in a spoonfull of bere or any other Lickour in the morning fasting and in the middle of the meal or any other time of wind troubles you.

135

Lady Russells Black puddings

Take a pottell of Cuttlins pick itt well, Boyle a gallon of milke and put them in, keep itt stirring yt itt burne not till itt is as thick as a pudding, then put itt in an earthen pan and cover itt close all night; then take pennyroyall, Sage & fennell of each a good handfull a great cunion 8 or a leeks heads, To this put 4 of Beefe liver shred, 4 or 5 eggs beaten some salte, a spoonfull of beaten pepper and a Nutmeg grated, To this add a bawle a quart of sheeps blood, you may make them with hoggs blood and fat cutt small if you please.

To Dresse a Calves head

Wash the Calves head well, all of blood out, lay it flat in a pan, with the tongue and brains in, a good piece of Bacon under each side cut it crosse as for broyling. and wash it over with butter, and strow salt an shred Sage on it, and then dredge it with flower, put a pinte of water and a little whole pepper and a bunch of sweet herbs in the pan, and an onion have ready a pint or more of oysters stewed in their own liquor a blade of mace and a little pepper and a little white wine and when the head is baked take some of the liquor it was baked with (without the fat, and break the brains small in, and put it to the oysters and shake it together with a quarter of a pound of butter and pour it into your dish cut the bacon in pieces, and lay upon your head with some Lemon.

To pickle cowncombers in Slices

Take 30 large cowncombers, slice them and fine onions sliced, put them into a pan together, and strow tow handfulls of salt on them, let them stand a day and night in the liquor, then drain them very well then put them into the pott you keep them in, then take Viniger put in cloves mace and white pepper boyle them together and put them to your cowncombers boyleing hot, cover them very close and let them stand two day then pour out the liquor and boyle it over again then put it on them as hott as before, and when cold tie them down very close

take a Bushel of ripe Elder Burrys picked from the stalkes bruse them and put to them as much fair water as will cover them and a quart of ale yeast and a pound of powder suger, stire itt all together and cover them close and lett them worke nine days stirring them once a day, then still them in a Limbeck you may draw off a Gallon of water.
 take first in the morning three spoonfulls for three ~~meals~~ meals together or longer if three be a occasion.
 this is excellent for ye Collicke taken when the pain comes, and for the Dropsy

Sir E. Graves?
 pms. 14th Nov. 18th Med. Bant.

129 Dr Graves Receipt for Convulsion fits

take of Pionie roots & dead mens skull of each a Drame and a halfe, of Scope of Ales and white Amber of each halfe a Dram of Cast Bezor 6 grains, lett these be made into a powder and divided into 10 papers, taking one morning and night in a spoonfull of the Julipe.
 the Julipe Langishes water 3 ounces, of ~~pionie~~ ^{pionie} water and sirape of pionie of each an once

3

Take a old Red Cock, 2 ounce of China, 1 ounce of
 Coriander seeds, 2 Drames of mace; boile all these in 6
 Gallons of sweet Wort till 2 gallons be wasted. Then worke
 it up. with barme as you doe ale, and when you turn it put
 into the Barrel 2 ounce of cream of tartar in the Lumpye,
 and 2 ounce of melted Heel tied up in a Canvas bagg.

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